



## MyPyramid Audio Podcasts

### Healthy Work Habits

[Intro Music] Welcome to MyPyramid Podcasts. They're brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host, sharing you tips you can use everyday to eat right and get active.

[Sound Effects: office, typing, phone calls] Working hard or hardly working? With a few simple ideas, you can do your best at staying healthy even at your work site. Park further away, or get off the bus one stop early and walk the rest of the way. Replace your coffee break with a brisk 10-minute walk. When its lunchtime, replace carry-out food with better food choices, that you packed yourself. Then, you'll know exactly what and how much you are eating. Don't forget to keep the right kind of snacks at your desk, such as a piece of fruit or a mini-bag of popcorn for the microwave!

That's it for today. To find out more information about eating and living healthy, go on our website at [MyPyramid.gov](http://MyPyramid.gov) for more great tips. See you next time!